

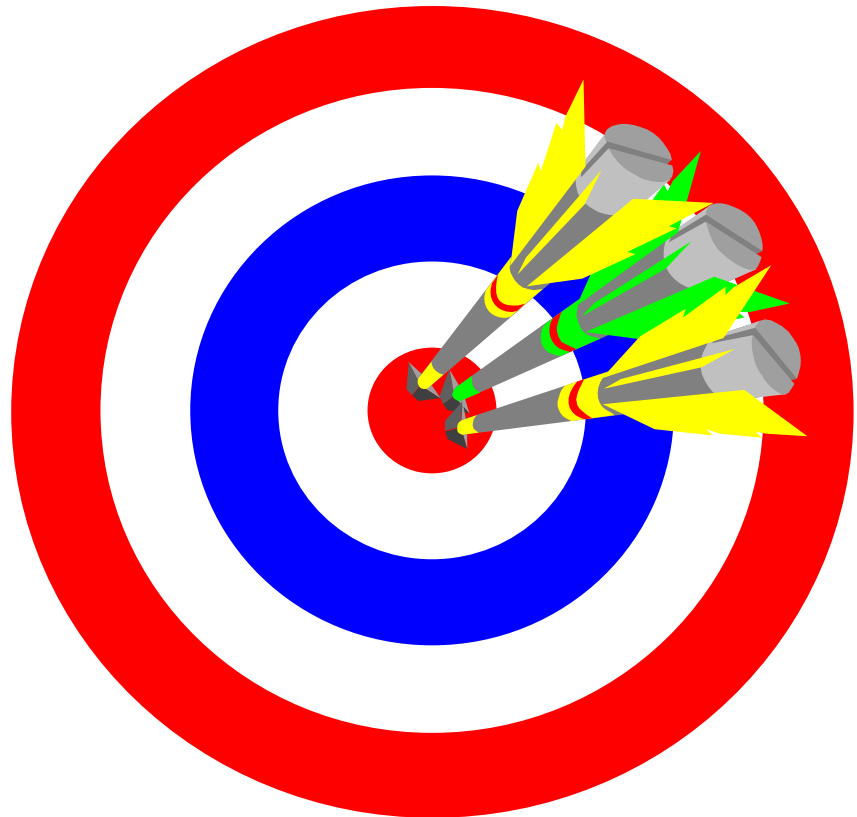
*Copperas Cove Parks and
Recreation Department*

Youth Sports
Coach Certification
Program

S.P.O.R.T.S.

Why Certify Coaches?

- ❖ Is it our obligation?
- ❖ Training
- ❖ Criminal background checks
- ❖ An exam to assure program knowledge.
- ❖ Peace of mind
- ❖ S.P.O.R.T.S.
 - Safety
 - Participation
 - Organization
 - Relationships
 - Training
 - Sportsmanship



Criminal Background Checks



- ❖ Applicants are checked within State of Texas and county of residence.
- ❖ Background checks are processed by the City of Copperas Cove Human Resources Department using a Texas Department of Public Safety data base.

S.P.O.R.T.S.

- ❖ Safety
- ❖ Participation
- ❖ Organization
- ❖ Relationships
- ❖ Training
- ❖ Sportsmanship

SAFETY

- ❖ Five million children will visit the Emergency Room this year with sports related injuries.
- ❖ Sports injuries cost the US public nearly 50 **Billion** dollars in 1997.
- ❖ There are two types of sports related injuries
 - ❖ Chronic repetitive injuries
 - ❖ Acute injuries which result from a major force of impact.

Effective Safety Equipment



- ❖ Helps reduce the risk of injuries.
- ❖ Is in good condition.
- ❖ Meets national safety standards.
- ❖ Fits properly and is used.

Lightning

- ❖ If you can see it, flee it.
- ❖ If you can hear it, clear it.
- ❖ A safe shelter includes fully enclosed metal vehicles with windows up and substantial buildings.
- ❖ Unsafe shelters include: trees, water, open fields and high ground.
- ❖ Avoid cordless and cellular phones and headsets.
- ❖ Wait a minimum of 30 minutes from last sight of lightning before resuming activity.

First Aid (1 of 3)

- ❖ Concussions: Victim may or may not lose consciousness. Common symptoms include vacant stare, loss of memory, headache, disorientation, nausea and dizziness.
- ❖ If there is ever a loss of consciousness, transport athlete to nearest medical facility.
- ❖ Concussions are very serious injuries.

First Aid (2of3)

- ❖ Strains: Strains are damage to muscles and tendons ranging from a minor trauma with mild pain, to a complete rupture of a muscle or tendon.
- ❖ Treat strains with **PRICES**. **P**rotection, **R**est, **I**ce, **C**ompression, **E**levation and **S**upport.

First Aid (3of3)

- ❖ Spinal Injuries: Any athlete suspected of having a spinal injury should be managed as though a spinal injury exists.
- ❖ The athlete should not be moved unless it is absolutely necessary to maintain or establish an Airway, Breathing and Circulation.
- ❖ Get Professional Emergency Medical Assistance immediately.

Participation (1 of 4)



- ❖ If they play, they will stay!
- ❖ Children have three basic needs:
 - ❖ Psychological
 - ❖ Physical
 - ❖ Emotional.

Participation (2of4)

- ❖ **Psychological Needs:** Consists of “fitting in”, Coach must avoid labeling and must strive to have everyone participate in all practices and games regardless of skill level.
- ❖ **Physical Needs:** Children develop at different rates. Coaches need to be able to meet the needs of all of the players.
- ❖ **Emotional Needs:** A child that’s sits the bench at practice and games will have a difficult time feeling like they are part of the team. Remain positive with feedback.

Participation (3of4)

- ❖ **TEAM: Together Everyone Achieves More!**
- ❖ Avoid the “Win at all costs” mentality.



Participation (4of4)

- ❖ Promote Fun, Fair Play, Respect, Discipline and Sportsmanship.
- ❖ Zero Tolerance for Unacceptable Behavior
- ❖ Equal opportunities for all children.
Regardless of race, religion, gender or economic status.
- ❖ Without teamwork, there is NO team.

Organization (1 of 3)

- ❖ If you fail to plan, you are planning to fail!
- ❖ Set goals for your team. The goals should reflect a consensus of everyone involved.
- ❖ Your organization of the team must start before you meet for the first time.

Organization (2of3)

- ❖ Schedule a mandatory pre-season meeting with parents and players.
 - ❖ Provide as much information as possible, both verbal and written.
 - ❖ Recruit help from parents!
- ❖ Assign Duties to Parents
 - ❖ Team parent
 - ❖ Picture Coordinator
 - ❖ Team Party Coordinator
 - ❖ Travel Coordinator
 - ❖ Phone List Coordinator
 - ❖ Fundraising Coordinator
 - ❖ Sponsorship Coordinator
 - ❖ Uniform Coordinator

Organization (3of3)



- ❖ Make practices fun and dynamic!
- ❖ Set up stations.
- ❖ Ensure every player participates at every position in the drill.
- ❖ Perfect Practice makes Perfect!
- ❖ Be creative!

Relationships (1 of 5)

- ❖ The role of the Coach: Coaches are role models. They must place the well being of the child ahead of a desire to win and remember the different developmental stages in an age group. They should organize practices that are challenging and increase all players' self esteem. A coach should always lead by example, demonstrating fair play and sportsmanship.
- ❖ The role of the Parent: Parents should always encourage each player to do their best and cheer in a positive way. They must be there to pick up the pieces.

Relationships (2of5)

- ❖ The role of the Player: Players should be prepared to give a complete effort according to their ability.
- ❖ They must understand why they are on the team.

Relationships (3of5)

- ❖ The Coach-Parent relationship:
- ❖ Discussions between coaches and parents should occur away from the child.
- ❖ Accept parental concerns.
- ❖ Be prepared for and receptive to criticism.



Relationships (4 of 5)

- ❖ The Coach-Player relationship should be kept clear and simple.
- ❖ Always be positive but honest.
- ❖ Be consistent, the rules are the same for everyone on the team.
- ❖ Your facial expression or body language can turn a player off faster than you can imagine. Say it with a smile!

Relationships (5 of 5)



- ❖ The Parent-Participant relationship should be kept positive.
- ❖ Listen first; advise second.
- ❖ Commitment is important.

Training (1 of 2)

- ❖ Practice length must be appropriate for the age group.
- ❖ Each practice should consist of a warm-up, a session of previously taught skills, new skill development followed by live scrimmage and cool down.
- ❖ When teaching a new skill, verbally introduce the skill and then physically demonstrate.
- ❖ During live action, don't over-coach.
- ❖ FEAST: **F**un-**E**veryone-**A**ctivity-**S**kills-**T**eam play.

Training (2of2)

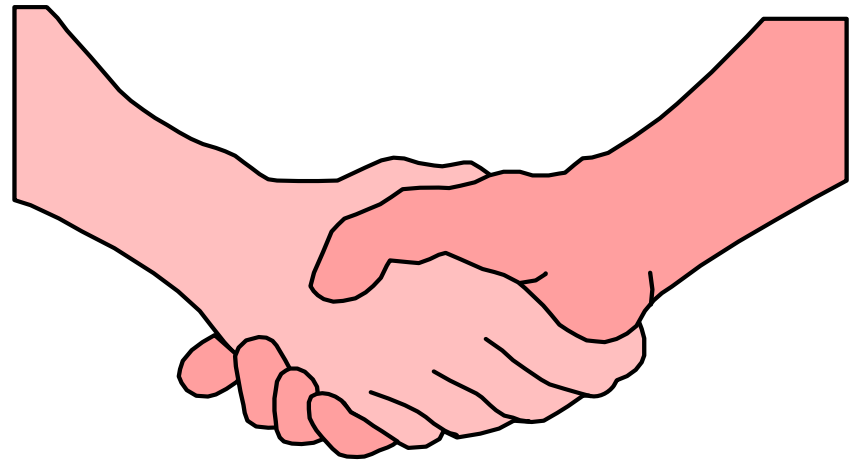
- ❖ Over-teach, repetition is the key to achievement.
- ❖ Do not focus on the negative.
- ❖ Coaches should take the time to learn the skills and techniques themselves.
- ❖ Learn the rules of the game and the specifics of the league you are coaching in!

Sportsmanship (1 of 2)

- ❖ Sportsmanship is a lifelong skill!
- ❖ Coaches are role models.
- ❖ Never use profanity.
- ❖ Control the tone of your voice.
- ❖ Respect people's feelings.
- ❖ Be gracious in victory or defeat.
- ❖ Do not place blame.
- ❖ Demonstrate civility.
- ❖ Follow procedures for handling grievances.
- ❖ Treat others as you wish to be treated.

Sportsmanship (2of2)

- ❖ Devote time to coaching sportsmanship.
- ❖ Deal with problems immediately.
- ❖ Reward good sportsmanship.
- ❖ Address bad sportsmanship.
- ❖ Avoid confrontations.



P.A.R.D. Certified Coaches' Ten Commandments

- ❖ Thou Shall Lead by Example
- ❖ Thou Shall Insist on Manners
- ❖ Thou Shall Emphasize Team Effort
- ❖ Thou Shall Not Win at All Cost
- ❖ Thou Shall Have a Sense of Humor
- ❖ Thou Shall Succeed
- ❖ Thou Shall Stay Positive
- ❖ Thou Shall Promote Safety and Well Being
- ❖ Thou Shall Promote Lifetime Fitness/Wellness
- ❖ Thou Shall "Turn the Other Cheek"

Bonus Commandment



- ❖ Thou Shall Not Expect More or Treat Their Own Child Differently Than Any Other Team Member.